## Claims

What is claimed is:

1. A method for creating streaming video data, the method comprising:

compressing video data to a first intermediate data file using a first transform;

compressing the first intermediate data file to a second intermediate data file using a second transform; compressing the second intermediate data file to a

streaming video data file using a third transform.

- 2. The method according to claim 1, wherein the first intermediate data file comprises an MPEG-2 data file.
- 3. The method according to claim 1, wherein the second intermediate data file comprises an unconstrained MPEG-1 data file.
- 4. The method according to claim 1, wherein the video data further comprises NTSC format video data.
- 5. The method according to claim 1, wherein the first intermediate data file further comprises an MPEG-2 data file and the second intermediate data file further

comprises an unconstrained MPEG-1 data file, the compressing the first intermediate data file to a second intermediate data file further comprising converting the MPEG-2 data file to the unconstrained MPEG-1 data file.

- 6. The method according to claim 1, further comprising de-interlacing the first intermediate data file using the first transform.
- 7. The method according to claim 1, wherein the first intermediate data file is encoded at rate of 5 Mbps or more.
- 8. The method according to claim 1, wherein the streaming data file is encoded at a rate of 1.5 Mbps or less.
- 9. The method according to claim 1, further comprising transmitting the streaming data file over a network.
- 10. The method according to claim 1, wherein the first intermediate data is encoded at about 30 frames per second and wherein the compressing the first intermediate data file to a second intermediate data file using a second

transform further includes encoding the second intermediate data file at about 30 frames per second or less.

- 11. The method according to claim 1, wherein the compressing the first intermediate data file to a second intermediate data file using a second transform is performed in transparent mode.
- 12. A method for creating streaming video data, the method comprising:

converting video data to an MPEG-2 data file using a first transform;

converting the MPEG-2 data file to an unconstrained MPEG-1 data file using a second transform;

converting the MPEG-1 data file to a streaming video data file using a third transform.

- 13. The method according to claim 12, wherein the converting the MPEG-2 data file to an unconstrained MPEG-1 data file using a second transform is performed in transparent mode.
- 14. The method according to claim 12, wherein the MPEG-2 data file is encoded at a rate of 5 Mbps or greater.

- 15. The method according to claim 12, wherein the video data further comprises NTSC format video data.
- 16. The method according to claim 12, further comprising de-interlacing the first intermediate data file using the first transform.
- 17. The method according to claim 12, wherein the converting the first intermediate data file to a second intermediate data file using a second transform is performed in transparent mode.
- 18. The method according to claim 12, wherein the first intermediate data is encoded at about 30 frames per second and wherein the converting the first intermediate data file to a second intermediate data file using a second transform further includes encoding the second intermediate data file at about 30 frames per second or less.

19. A method for creating streaming video data, the method comprising:

converting an MPEG-2 data file to an unconstrained MPEG-1 data file in transparent mode using a first transform;

converting the unconstrained MPEG-1 data file to a streaming video data file using a second transform.

20. A computer-readable medium comprising program instructions for creating streaming video data, by performing the steps of:

converting an MPEG-2 data file to an unconstrained MPEG-1 data file in transparent mode using a first transform;

converting the unconstrained MPEG-1 data file to a streaming video data file using a second transform.